

## Vertical jump to female & male volleyball players in Albania

**Enkeleida Lleshi**

*Sports University of Tirana*

### Abstract

**Aims:** The reason of this study is the evaluation of the “Vertical Jump” and other parameters of the Albanian National Championship volleyball players female & male. The performance profiling of volleyball players is important to distinguish the anthropometric and physical characteristics from other sports. **Methods:** Volleyball players were tested in different periods before and after the training with their coaches. Subjects were 10 Female (F) mean age 19.1 years old and 10 Male (M) mean age 19.8 years old. They evaluated us; Body Height (BH), Body Mass (BMI %), Body Weight (BW), Squat Jump(SJ), Countermovement Jump(CMJ) and Drop Jump 40cm (DJ). **Result:** Differences were seen to individual volleyball players between two periods, before and after the testing. From the obtained data of the test was observed even the effect of the training that these athletes have done for the jumping level, assessment of explosive strength and maximum power. **Conclusions:** The obtained results suggest changes in sporting performance of “vertical jump” in the force settings, speed and power. The evaluation of these tests is one of the key features of a vertical jump as one of the specific technical element in the game on air in the sport of volleyball.

**Keywords:** volleyball, drop jump, female & male, squat-countermovement jump.

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